

Head Lice Happen

Head lice happen, especially on kids. They are not a sign of poor hygiene or how clean your home is. Anyone can get them—doesn't matter how long your hair is or how much you shower.

Does your kid have head lice? Not everyone gets itchy. Use a nit comb on wet hair and look for bugs the size of a sesame seed or tiny eggs glued to the hair. Make it a **weekly routine to check everyone in your household**.

Here are some helpful guidelines for treating head lice:

ALL TREATMENT STEPS MUST BE DONE ON THE SAME DAY.

HOUSE TREATMENT:

1. Vacuum all carpets, floors, mattresses, furniture and the car. Dispose of the vacuum cleaner bag in the outside trash when finished.
2. Wash ALL clothing and bed linens in HOT water.
3. NON-WASHABLE items should be either: dry cleaned, placed in a HOT clothes dryer for 20 minutes (pillows, stuffed toys, etc.), placed in freezer for 48 hours, or sealed in a plastic bag for 14 days.
4. Treat ALL brushes and combs by boiling for 10 minutes OR soaking in lice shampoo for 10 minutes.

HAIR TREATMENT:

1. If using commercial lice hair products, treat all affected household members at the SAME TIME. Before application, wash hair with a basic perfume and conditioner free shampoo.
2. Comb hair thoroughly with a clean comb or brush.
3. Remove ALL NITS with a nit comb, fingernails, or tweezers to prevent REINFESTATION by any nits not killed by the medications.
4. Notify all people who have recently been in contact with the exposed household member.
5. Contact your physician, health department, or school nurse for further directions or advice.

SCHOOL NOTIFICATION:

PLEASE NOTIFY THE SCHOOL OFFICE IF YOU TREAT YOUR CHILD FOR HEAD LICE. This information is kept CONFIDENTIAL, but is important in tracking classroom cases to prevent further spread of head lice.

Resources:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/aap-press-room-media-center/Pages/Head-Lice.aspx>

<http://www.cdc.gov/parasites/lice/head/treatment.html>

HEAD LICE CHECKLIST

ALL TREATMENTS **MUST** BE DONE ON THE **SAME** DAY.

1. Examine each family member's head.	2. Treat ALL members of the family at the SAME TIME .
3. Wash and dry ALL bed linens (sheets, blankets, pillow cases, bedspreads) at hot settings.	4. Put pillows, stuffed animals, throw pillows, dolls, etc. in hot dryer for 20 minutes.
5. NONWASHABLE items should be either: 1. dry cleaned 2. placed in a hot dryer for 20 minutes 3. placed in a freezer for 48 hours OR 4. sealed in plastic bags for 14 days	6. Wash and dry ALL hats, jackets, sweaters, and other clothes.
7. Vacuum all upholstered furniture, bean bag chairs, mattresses, seats in cars, etc.	8. Vacuum carefully all carpets and floors.
9. Treat ALL brushes and combs, either by boiling for 10 minutes, OR soaking in lice shampoo for 10 minutes.	10. Remove ALL NITS using a fine tooth nit comb or fingernails.
11. Notify school office the date of treatment and name of product used.	12. Notify ALL people recently in contact with infected person (neighbors, relatives, close friends, daycare, church, youth groups, etc.)
13. Repeat treatment in 7-10 days.	14. Do DAILY head checks for two weeks on the entire family.